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FOR IMMEDIATE RELEASE

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Cal Poly Partners with San Luis Obispo Marathon; Alumnus and Ultra Runner Karnazes to Compete

Cal Poly and San Luis Obispo Marathon + Half promote fitness among alumni and community

SAN LUIS OBISPO – Cal Poly alumnus Dean Karnazes and university President Jeffrey D. Armstrong will join thousands of avid and recreational runners at the San Luis Obispo Marathon + Half races Sunday, April 7. Alumni, students, faculty, staff, and friends of the university can join Karnazes for the full race or Armstrong for the half marathon through historic San Luis Obispo and the Edna Valley.

"We are delighted to be involved with this showcase community event and at the same time be able to welcome alumni and friends back to the community for the races," Armstrong said. "It's a wonderful opportunity to set a personal goal, enjoy San Luis Obispo, and get reacquainted with fellow members of the Cal Poly family. And you don't have to be in great shape to do this – walk, jog or run. The important thing is to join in the fun."

Karnazes (B.S., Nutritional Science, '87) is an internationally known elite endurance athlete, celebrated for his many athletic accomplishments including running 350 continuous miles, running across Death Valley in 120-degree temperatures, and running a marathon to the South Pole in negative 40-degree temperatures. He recently ran 50 marathons in 50 states in 50 consecutive days.

Participants running the San Luis Obispo Marathon, half marathon and 5K can gather at the Cal Poly tent on the SLO Life Expo grounds at the Madonna Inn to connect with family and friends, recover, and enjoy the post-race activities. Karnazes and Armstrong will greet Cal Poly participants and friends after the race.

"Cal Poly is integral to our community, and we appreciate the university's support," said Heather Hellman, SLO Marathon event director. "Many students and alumni ran and volunteered last year, and we hope many more will join President Armstrong and Dean Karnazes this year."

Early registration ends Feb. 1. To register, view course maps, volunteer, or for additional SLO Marathon information, visit www.slomarathon.com.

About the San Luis Obispo Marathon, Half Marathon + 5K Races

Presented by LeftLaneSports.com, the San Luis Obispo Marathon + Half takes participants through the town's charming downtown corridor and through neighborhoods with historic Victorian and craftsman bungalows, into the rolling hills of the renowned Edna Valley vineyards and farm land, then back into the city center and onto the iconic Madonna Inn property for a spectacular downhill, panoramic finish in the shadow of Cerro San Luis. The 5K race is held on the Madonna Inn property, featuring two loops and a spectacular downhill finish. The Children's Fun Run will also be held on the Madonna property.

About Cal Poly

Cal Poly is a nationally ranked, four-year, comprehensive public university located in San Luis Obispo, halfway between San Francisco and Los Angeles on California's Central Coast. With the motto of Learn by Doing at its core, Cal Poly is a distinctive learning community offering academically motivated students a hands-on educational experience that prepares them for

today's scientific and technical world.

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